



Child & Adult Care Food Program Letter

The Wisconsin Department of Public Instruction

Spring 2006

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Wisconsin DPI WINS Building for the Future Award

Once every two years the United States Department of Agriculture (USDA) selects no more than five State agencies to receive a "Building for the Future Award" to recognize areas of excellence in the administration of the Child and Adult Care Food Program. These awards are designed to recognize State agencies whose practices, in one of five management areas, go beyond basic program requirements. For the 2005-06 biennium, USDA selected only four States as recipients for this national award. USDA selected DPI's Community Nutrition Team to receive the national award for "Program Integrity".

As stated by the USDA is announcing this award: "Wisconsin improved the application and approval process for participation in the CACFP. It developed procedures to include all components of the integrity rule through the following procedures: On-Site visit prior to approval of new institution; Standardization of Application checklists and letters; and Budget Approval process for sponsoring organization. Consequently, Wisconsin achieved a high level of consistency in approving the application, management plan and administrative budget."

FFY 2006 Summer Training Planned

It's that time of year again. The FFY 2006 CACFP annual summer training for **Child Care Agencies** is soon approaching. Eight recordkeeping, 4 nutrition, and 4 financial management training sessions will be held throughout the state in July and August. DPI strongly requests that at least one representative from each agency attend a session.

The training brochure and registration form will be mailed to each CACFP agency in May. If you have any questions concerning the training, please contact the Community Nutrition Programs office at (608) 267-9129 or the Consultant in your region.

Adult Day Care Center Training Set for May 23 Mark those calendars!

The Community Nutrition Team will be providing annual training for program staff of **Adult Care Agencies**. The training session will be held on **May 23, 2006** at the Country Springs Hotel in Pewaukee. The training session will be 4 hours in length and held from 8:30 am – 12:30 pm. Training this year will focus on fiscal year 2007 contract updates, recordkeeping and financial management requirements, program regulations, nutrition and menu planning ideas. The registration form and more detailed information about the training are included in the training brochure that your agency should have recently received. Attendance at the annual training is highly recommended. See you there!

Decrease your Child's Risk for Developing Diabetes: Serve them Fruits and Vegetables

For years, it was thought that Type 2 Diabetes was an adult disease, meaning that only adults developed this serious problem. However, it is clear that this is no longer the case; Type 2 Diabetes is on the rise in children and adolescents. Type 2 Diabetes develops when insulin, the hormone that allows sugar to be used by the body for energy, is not produced in sufficient amounts or when a person cannot use insulin properly or is resistant to it. When this occurs, blood sugars begin to rise. This is such a great concern because the longer an individual has this disease; the greater the risk is for developing heart disease, kidney failure and other serious life-threatening conditions. In a world where fast food surrounds us and we are constantly on the go, reducing the incidence of Type 2 Diabetes seems nearly overwhelming. It is important that we teach our children good eating habits early so that the chances of developing this type of Diabetes can be reduced. Children do spend a good part of their day away from home when they are school age, so it is up to the parents to teach ways to incorporate healthy eating habits to use in times such as these.

You may be wondering how you can get your children to eat their fruits and vegetables when they are being taunted with French fries, cheeseburgers and chicken nuggets both inside and outside of school.

- **Start early by offering young children a variety of food items, including fruits and vegetables. Let them see you enjoying these foods as well.**
- **Do not force children to eat a particular food item. This can result in "picky eaters." Offer the food item prepared in a variety of ways at different meals. Children may develop a taste for it months or even years down the road.**
- **Use your creativity. Find recipes that permit fruits and vegetables to be added such as blueberry or banana muffins/pancakes or spinach lasagna.**
- **Offer 100% juice to your children versus soda pop or juice drinks which are higher in sugar.**
- **Offer bite size vegetable or fruit pieces as an after-school snack.**
- **Ask your children to help you prepare the meals; let them feel involved.**
- **Start a vegetable garden and let your children help or be in charge.**



Centers Speak Out!

Featuring: Hales Corners Lutheran Primary School, Mary Beth Batterman-Smith, Director

Stats: Independent Center
Years doing group daycare: 20+
Years in the CACFP: 15+

One or more helpful hints for maintaining proper CACFP records...

Know what papers need to be filled out and when.
Complete the paperwork immediately.

A favorite lunch/dinner recipe or menu that's quick, easy and economical...

Brown hamburger, add macaroni noodles (or any type of noodle), mix tomato soup in until creamy. Add salt and garlic and serve with shredded cheese on the side. The children can put the cheese on top if they like.

One of the cutest☺ things one of the children has said...

"Do you believe my dad is 40 years old and he's still alive?"
(4 year old child)

One way to cut food service costs...

Don't limit yourself to one place for purchasing items.
Compare prices whether it be stores or food suppliers.

Best practices for introducing new foods to children...

Keep them simple, don't mix too many items together.

The benefits of family style dining - how you successfully handle the challenges...

It aids in their self-help skills and the children take lots of pride in being able to serve themselves. Don't make a big deal about spills or messes.

One of the biggest struggles you have had to overcome...

With family-style, it takes a little more time and patience so you need to plan for longer lunch times.

Gardening with Children: A Wonderful Way to Increase Fruit & Vegetable Consumption and Physical Activity

In 2005, the 2004-2006 Team Nutrition Grant helped eleven childcare centers, six family childcare homes, and three Head Start sites to improve children's eating behaviors through participation in fruit and vegetable gardening. Each childcare site had either an on-site garden, participated in a community garden, or shared in the gardening experience at a nearby childcare site.

Gardening was a new experience for many of the participating sites. They received training through the Wisconsin Department of Health and Family Services' "Got Dirt?" initiative and also had help from local Master Gardeners, other UW-Extension personnel, or other local gardening experts. (For more information on "Got Dirt?" check the web at:

<http://dhfs.wisconsin.gov/health/physicalactivity/gotdirt.htm>

or contact Amy Meinen, phone: 608-267-9194, email: meineam@dhfs.state.wi.us. Some local gardening supply businesses provided materials. At some sites, family and community members volunteered their time and expertise.

Results were wonderful experiences for the children and new knowledge and attitudes on the part of many childcare staff. Below are some of the responses from the participating sites about changes seen in eating or physical activity behaviors since starting the gardening activities.

Staff:

- Talking about foods in the garden, walking more.
- Tried some new veggies and recipes.
- The staff is learning to not make faces or comments (about the food) in front of the children.
- Better awareness of gardening -another opportunity to create something new in the classroom.
- Like eating more vegetables.
- Trying new fruits and vegetables lately.
- Better role models. Helped children with garden & learned some gardening tips.
- Staff sees the children trying new foods not always served at the center (or not served the same way). A few teachers wanted recipes used with the vegetables.
- Eat more fruits and veggies.
- Learned about growing fresh vegetables, soil, watering, harvesting, & serving.

Children:

- We had one child who would never eat veggies. He helped with the garden and then tried the veggies and started liking them.
- Excited when they saw veggies growing

- The children's physical activity increased with their planting, weeding and picking their veggies. It also gave them a feeling of worth and accomplishment that they succeeded in their new garden adventure. They (summer kids), I feel, were healthier than usual. I believe some of it was from physical activity in the garden, more vitamins (from veggies), mental health, and learning to work together. They also tried new dishes and fresh veggies that they may never have tried before. They shared their crop and some recipes with their families.

- Better awareness of gardening -fun and involvement in a new activity. Enjoyed outdoors and watching progress in garden.
- Five year-old tried more (vegetables) and really likes raw veggies more.
- They have been more receptive to trying new foods.
- They talk about the garden & enjoy visiting it and reaping the harvest.
- Very excited about growing (and eating) their own veggies. They are trying more variety.
- The children were eager to try (eating) something they had helped grow and pick.
- The children seemed excited about gardening.
- Children talk about the veggies that they planted and how they like to eat them.
- Enjoyed playing in the soil.

Fruit and vegetable gardening with children is an activity that should be considered for its contributions to the health and well-being of the children in childcare and to the people who work in childcare settings. It also can help to bring community members together. In addition to the involvement of volunteers and other community experts, excess produce was given to the local food pantries and facilities serving the elderly.

Welcome New Agencies

Domestic Abuse Intervention Services, Madison
 Kidz N Co Child Care Center LLC, Oconto
 Southtown Childrens Center LLC, Fond du Lac
 Wee Care Child Development Center, Kenosha
 Kingdom Kids Childcare Center, Milwaukee
 Little Busy Bodies Childcare, Arcadia
 Cuddle Care Inc, Green Bay

Division for Finance & Management

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Home Page

<http://dpi.wi.gov/fns/index.html> **NEW**

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FFY 2007 Contract Changes (October 2006 - September 2007)

In June 2006, you will receive your agency's Federal Fiscal Year (FFY) 2007 Child and Adult Care Food Program (CACFP) contract and will notice several changes in this contract. These changes include the following:

- The child care centers, "At Risk" after school, outside of school hours, adult day care and emergency shelters applications/agreements have been combined into one application/agreement; however, child care centers, adult day care centers, and emergency shelters will each have a specific site application to complete.
- Effective FFY 2007, if your agency operates more than one of the following: a child care center, emergency shelter, or adult care center, you will be considered a sponsoring organization. Thus, you will be required to complete the additional requirements for sponsoring organizations.
- The DPI Guidance Memorandum 13 *Purchase of Meals* has been revised to allow your agency to have the same vendor agreement, *Vendor Agreement to Provide Meals/Snacks*, for more than one year, as long as the agreement has a date the agreement began and a date the agreement will terminate. Therefore, you do not have to submit a new vendor agreement with your FFY 2007 contract, but you must provide a statement of assurance that the vendor agreement has remained the same. If there is a change in the vendor agreement (e.g. meal price), then a statement must be provided with your FFY 2007 contract to indicate the change(s).

If you have questions when you receive your contract packet, please feel free to contact your assigned consultant.



**April Showers Bring May
Flowers - Happy Spring!**

2006 Due Dates for Quarterly Nonprofit Food Service Financial Report

For Sponsoring Organizations ONLY (those with 2 or more sites on the food program):

1st Quarter (reporting period October 1, 2005 – December 31, 2005) is due **March 1, 2006**

2nd Quarter (reporting period January 1, 2006 – March 31, 2006) is due **June 1, 2006.**

3rd Quarter (reporting period April 1, 2006 – June 30, 2006) is due **September 1, 2006.**

4th Quarter (reporting period July 1, 2006 – September 30, 2006) is due **December 1, 2006.**

The reporting form (PI-1463-A) is available online at <http://dpi.wi.gov/fns/centermemos.html>, Guidance Memo #11. Any questions please contact Cari Ann Muggenburg at 608-264-9551 or via e-mail at cari.muggenburg@dpi.state.wi.us